



# PRODUCT SPOTLIGHT: **PURPLE CARROTS**

Purple carrots contain all the nutrients of orange carrots, but they've also been shown to have greater anti-inflammatory and antioxidative effects!



35 Minutes



WITH TZATZIKI & CARROT SALAD

2 Servings

Oven roasted chicken served with a creamy yoqhurt tzatziki and carrot salad with sweet sultanas and fresh mint.

**PER SERVE** 

**PROTEIN** TOTAL FAT **CARBOHYDRATES** 40q

30 March 2020

32g

50g

#### FROM YOUR BOX

CARROTS	2
RED ONION	1/2 *
CHICKEN BREAST FILLET	300g
SULTANAS	40g
PURPLE CARROT	1
MINT	1/2 bunch *
FESTIVAL LETTUCE	1/2 *
CONTINENTAL CUCUMBER	1/3 *
NATURAL YOGHURT	1/2 tub *

<sup>\*</sup> Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking + olive), salt, pepper, balsamic vinegar, ground coriander (or ground cumin)

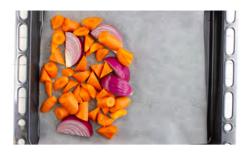
## **KEY UTENSILS**

oven tray

## NOTES

For a thicker tzatziki, squeeze out excess water from cucumber before combining with yoghurt.

Add a crushed garlic clove to the tzatziki for extra heat.



#### 1. PREPARE THE VEGETABLES

Set oven to 220°C.

Cut carrots into pieces. Wedge onion. Toss on one side of an oven tray with oil, salt and pepper.



#### 2. ROAST THE CHICKEN

Slash chicken and coat with 1 tsp ground coriander, oil, salt and pepper. Place on tray and roast for 20-25 minutes or until cooked through.



### 3. PREPARE THE DRESSING

Whisk 1 1/2 tbsp vinegar and 1 1/2 tbsp olive oil. Add sultanas to soak.



## 4. PREPARE THE SALAD

Use a vegetable peeler to ribbon the purple carrot. Roughly chop mint leaves. Tear lettuce leaves. Set aside.



## 5. MAKE THE TZATZIKI

Grate cucumber (see notes) and combine with yoghurt. Season with **salt and pepper** to taste.



## 6. FINISH AND PLATE

Toss sultana dressing through cooked vegetables and salad.

Slice chicken and divide over plates with salad. Serve with tzatziki.



